



Enjoy Delicious dishes from the State Fair Cookbook

Just Jerk Chicken

2 tablespoons McCormick Caribbean Jerk seasoning	2 tablespoons fresh squeezed orange juice
½ cup fresh thyme, chopped	6 large skinless boneless chicken breast halves
2 teaspoons onion powder	6 oranges, cut into quarters
½ teaspoon ground allspice	

Mix jerk seasoning, thyme, onion powder, allspice and orange juice in small bowl to make paste. Rub paste generously on both sides of the chicken. Preheat grill to medium-high heat. Place chicken on lower surface and close lid. Reduce to medium heat. Cook until thermometer reads 170 degrees. Serve with quartered oranges, French bread, and salad.

*Submitted by Ken Stephenson
Office of Agricultural and Environmental Sciences, Haughton*

Pork Medallions with Dijon- Mushroom Sauce

5 tsps. butter	1 pork tenderloin- ½ - ¾ lb. - cut into ¾ inch thick slices
1 shallot, finely chopped - 2 tsps.	Salt and pepper to taste
1 (4.5 oz.) jar sliced mushrooms, drained	1 tbsp. apple juice or white wine
1 tsp. vegetable oil	1 tbsp. Dijon mustard
	½ cup whipping cream

In skillet, melt 2 teaspoons butter; add shallots and mushrooms; cook until tender then remove from skillet. With the same skillet add remaining 3 tablespoons butter and the oil. Add pork; cook 8 - 10 minutes, turning slices halfway through cooking. Sprinkle with salt and pepper; remove from skillet; cover. Gradually add juice or wine to the skillet; stir in mustard and cream. Heat to a boil for 1 - 2 minutes until slightly thickened. Add mushroom mixture; heat back up. Spoon sauce over pork slices. Garnish with herbs.

*Submitted by Wade Dubea, Assistant Commissioner
Office of Forestry*

Creole Limas

1 (10 ounce) pkg. frozen small green lima beans	1 med. green pepper, diced medium fine (¾ cup)
¼ cup butter	1 (14 ounce) can Italian peeled tomatoes, undrained
1 med. onion, diced medium fine (½ cup)	Salt and pepper to taste

Cook lima beans according to package directions; drain. In a 10 inch skillet melt butter; add onion and green pepper; cook gently until wilted. Stir in tomatoes; boil gently until liquid is reduced -- about 5 minutes. Stir in lima beans; cook until beans are reheated -- about 2 minutes. Stir in salt and pepper. Makes 4 servings.

*Submitted by Brad Spicer, Assistant Commissioner
Office of Soil & Water Conservation*

Chicken and Asparagus

6 chicken breasts, cubed	1 can cream of chicken soup
2 cans asparagus, drained	Salt and pepper
1 onion, chopped	Cheese, grated
½ cup margarine	1 can water chestnuts
1 can cream of mushroom soup	

Boil chicken in seasoned water until done; debone and cube. In a 9x13 inch casserole dish, put a layer of asparagus; cover with chicken pieces. Sauté onion in margarine and combine with soups and water chestnuts; pour over chicken. Top with grated cheese. Bake at 350 degrees until hot and bubbly.

*Submitted by Belinda Dean Perry (niece of George Dean)
Office of Animal Health Services, Haughton*

Smothered Steak and Onions

16 ounce ground 90% lean turkey or beef	6 tablespoons (1 ½ ounce) dried, fine bread crumbs
¼ teaspoon black pepper	2 cups sliced onion
1 ¾ cups (1, 14 ½ ounce can) beef broth, divided	3 tablespoons all-purpose flour

In a large bowl, combine meat, black pepper, ¼ cup beef broth and bread crumbs. Mix well with hands. Using a 1/3 measuring cup as a guide; form 6 patties. Place patties in a large skillet, sprayed with butter flavored Pam, and brown on both sides. Layer onions evenly over browned patties. In a covered jar, combine remaining ½ cup beef broth and flour. Shake well to combine. Pour broth mixture evenly over onion. Lower heat; cover and simmer 20-25 minutes. For each serving, place one patty on plate and evenly spoon onion sauce over top.

*Submitted by Terra Caskey (niece of George Dean)
Office of Animal Health Services, Haughton*

Sweet Potato Crunch

6 cups cooked sweet potatoes	Topping:
2 cups sugar	2 cups brown sugar
1 teaspoon salt	2/3 cup flour
4 eggs, beaten	2 cups chopped pecans
1 stick margarine, melted (¼ lb)	2/3 cup margarine, melted
1 cup milk	
1 teaspoon vanilla	

Mash potatoes (no juice). Combine all ingredients. Combine all the topping ingredients. Pour over sweet potato mixture. Bake at 350F for 35 minutes.

*Submitted by Ashley Dupree, Assistant Director
Louisiana Agricultural Commodities Commission*